

## Positive Alternatives 2016 - 17 Quarterly Update

**Grantee: Birthline**

**Goal: Support, encourage and assist women in carrying their pregnancies to term and in caring for their babies after birth.**

**For the period: April 1<sup>st</sup> 2017 – June 30<sup>st</sup> 2016**

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Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities</b>	Hiring, training, volunteer coordination, staff assessment, reporting and other administrative duties.		On-going volunteer coordination, monthly staff meeting/assessment and continued quarterly reporting. A Stepping Stones store volunteer meeting was held in April to present updated training to all store volunteers.	
<b>Outreach</b>	Increase outreach to vulnerable populations through ads in college directories and other multilingual school-based printed materials; billboards; paid and free ads on social media venues. In person visits and presentations.		Client advocate attended Promise Neighborhood community event to provide outreach to vulnerable populations in the St. Cloud area. New radio ad on local radio station and 2 billboard kiosks in the local mall were obtained also to reach underserved populations.	
<b>Car Seat Program</b>	The importance of correct car seat installation is discussed with all Stepping Stones clients in the one-to-one informational session. All women are provided the opportunity to attend the car seat class and may	Educ 40  Installat ion 10	Correct car seat installation is information that 29 new Stepping Stones (SS) clients received through one to one session, as well as receiving the Buckle Up brochure. Stepping Stones clients had the opportunity to take the advanced car seat safety class and receive a car seat as incentive, which 1 new SS client and 7 on-going SS clients completed during this reporting period. 3 individuals who attended	Educ 36  Installati on 5

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	select a car seat as an incentive item in the program.		the class had their own car seat, with 5 individuals receiving a car seat as an incentive.	
<b>Case Management Services</b>	All Stepping Stones clients receive in person mentoring and case management; Advocate services include in person and/or telephone follow up for those not enrolled in Stepping Stones.	69	29 new Stepping Stones clients received in person mentoring and case management. There were 44 ongoing SS clients who all received regular one to one follow-up/case management services. 3 women received follow-up who had not enrolled in Stepping Stones.	76
<b>Crib Distribution/ Sleep Safety Education</b>	The importance of safe sleep techniques is discussed with all Stepping Stones clients in the one-to-one informational session. In addition, all women are provided the opportunity to attend the Safe Sleep Class and may select a pack-n-play/Crib as an incentive item in the program.	Educ 40  Distribu- tion 10	29 new Stepping Stones clients received Safe Sleep education in their one to one information session. With 2 on-going Stepping Stones clients attending Safe Sleep class. 8 pack-n-plays were selected as incentives during this reporting period.	Educ 31  Distribu- tion 8
<b>Education Assistance</b>	Women are provided the encouragement and assistance necessary to complete their high school or higher education. Those who select that option are given direct support in education planning and referrals to additional education counselors. Activities include completing educational goals worksheet, meet with a guidance counselor, take GED exam, complete	8	All women seeking or continuing with their education are provided necessary assistance. 3 SS participants specifically chose education as their goal. Women who did not choose this specific goal also worked on educational activities to ready themselves and support their goals (1 took GED test and 2 returned to high school after their baby was born).	6

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	FAFSA, and ESL classes.			
<b>Employment Assistance</b>	Women are provided the encouragement and assistance necessary to improve their employment status. Those who select this option are provided resources for career planning and work stations to develop skills and search for employment. Topics covered are resume/cover letter writing, filling out employment application, visit DEED website and more.	14	4 SS clients continue to work on their employment goal in their SS program and 3 new individuals chose employment as their goal (2 clients are job searching, 2 filled out employment applications, 5 had job interview and 2 job training, and 4 began new employment).	7
<b>Life-Skills Education Program</b>	Women and fathers are provided the opportunity to attend a wide variety of life skills education classes and one-to-one sessions, such as financial literacy and budgeting, sexual integrity, healthy relationships, apartment and home rental, etc.	30	There were 33 clients that attended life skills classes. 26 one-to-one sessions were completed on these life skills areas during SS client appointments. 32 individuals accomplished 157 pieces of life skills homework.	33
<b>Material Support</b>	All women are provided an opportunity to receive a free \$25 voucher to be used at Treasure Chest Thrift Store for maternity clothing and infant supplies. Emergency layettes are provided on an as needed basis.	50	All 36 new intake clients were provided the opportunity to receive a Treasure Chest voucher for maternity clothing (11 women chose to receive a voucher). 1 woman received an emergency layette with diapers and other infant necessities and 1 individual received emergency diapers.	38

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	All Stepping Stones participants can earn additional material supplies, such as diapers, infant clothing, infant care items and adult care items.		All 73 (new and on-going) Stepping Stones participants had the opportunity to earn additional material support (40 shopping appointments were attended during this Qrt).	73
<b>Mental Health</b>	Women are provided referrals or assistance obtaining mental health assessment, counseling and treatment programs.	6	During the initial assessment and goal setting, 2 women reported a need for advanced mental health resources and specifically identified this as a goal. Our Client Advocate/SS staff provided information for referrals to a mental health professional and encouraged follows through for 2 additional women and 2 additional clients attended counseling sessions.	6
<b>Parenting Education</b>	All parenting women have access to classroom-based parenting programs, self-paced parenting videos, and individual worksheet assignments. Activities include Baby Bootcamp for infant care education, age appropriate discipline, bonding with baby, co-parenting with father, etc. All are provided referrals and assistance for additional education if needed	50	All 29 new Stepping Stones participants and 44 on-going SS clients have access to parenting classes, self-paced videos, and individual homework (26 individuals chose to attend parenting classes/movies and 47 individuals completed 283 parenting worksheet assignments).  In addition, all parenting women have access to parenting classes and referrals.	73
<b>Pregnancy Education</b>	All women enrolled in Stepping Stones are provided information on smoking cessation, alcohol/drug cessation and prenatal nutrition. Women may elect to attend additional prenatal classes that cover healthy infant development from conception to birth, and childbirth education class. Doula services are	50	All women Stepping Stones participants received one to one education on these prenatal health topics.  All 29 new SS clients and 44 on-going SS clients had the opportunity to attend classes, do self-paced parenting videos, and individual assignments.  Doula services are offered and available to all Stepping Stones clients.  In addition, all parenting women have access to parenting classes and	73

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	<p>available to all women.</p> <p>All parenting women have access to classroom-based parenting programs, self-paced parenting videos, individual educational activities; and are provided referrals and assistance for additional education as needed.</p>		referrals.	
<b>Medical Services/ Pregnancy Testing</b>	Pregnancy tests and/or program needs assessment are offered at initial intake; referrals and support for ultrasound and prenatal exams (pregnancy tests are not paid by PAG). Prenatal vitamins are offered to all pregnant women. Pregnancy options counseling is provided, referrals to adoption agency as needed.	50	All new (36) clients were offered the option of taking a pregnancy test at the initial intake assessment (8 individuals opted to take a pregnancy test). 7 clients of the new clients received prenatal vitamins at their new mentor intake.	36
<b>Provide Necessary Services to All Clients</b>	<p>Provide intake assessment to determine need.</p> <p>Provide women with information on, referral to and assistance with securing pregnancy support services as identified by MDH.</p> <p>Utilize resource database to provide information and make referrals</p>	40	There were 36 women who received intake assessments consisting of securing necessary services. Referrals to community organizations were provided. Common referrals include: cash/financial assistance, SNAP, WIC, medical care and assistance, daycare assistance, housing assistance, educational assistance, and more.	36

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<b>Provide Necessary Services Assessments Only</b>	Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	1	All new clients were provided with information on, referral to and assistance with securing pregnancy support services and only 1 client only received necessary services assessment only.	1
<b>Transportation Assistance</b>	Women are provided the opportunity to receive gas gift cards or bus passes as an incentive item (or emergency support) to support their transportation needs.	10	All Stepping Stones participants were given the opportunity to receive gas cards or bus passes as an incentive; 16 individuals chose gas gift cards as an incentive and 1 individual chose a bus pass as an incentive in their programming; 1 individual receiving a bus pass for emergency support to attend her infant's DR and Stepping Stones appointments.	18

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	5
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	36
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	29
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	29
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	8
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	31

**Challenges:** We are remaining consistent with client numbers from Quarter 3 to Quarter 4, but would like to see continued growth in client numbers; we just launched 2 billboard kiosks at the local mall and 1 new radio ad on a radio local station. One of the Stepping Stones staff resigned, other staff have taken on the additional hours and clients until replacement is hired and trained.

**Comments:** Outreach and Education Director is fully trained and certified in SRA (Sexual Risk Avoidance) through Ascend and is now teaching relationship classes on a regular basis. Client advocate will be fully certified in one month in Life Coaching through the Learning Journey's program. We are in the process of hiring for the Stepping Stones program staff vacancy.